



Brian J. Cole, MD, MBA

Sports Medicine and Surgery  
Shoulder, Elbow, and Knee  
Cartilage Restoration



MIDWEST  
ORTHOPAEDICS  
at RUSH

## **POSTOPERATIVE INSTRUCTIONS** **ACHILLES TENDON REPAIR**

**PLEASE READ THESE INSTRUCTIONS COMPLETELY AND ASK FOR CLARIFICATION IF NECESSARY - DIRECT QUESTIONS TO YOUR NURSE BEFORE LEAVING THE HOSPITAL OR VIA PHONE/EMAIL TO DR COLE'S STAFF AFTER ARRIVING HOME**

### **WOUND CARE**

- To avoid infection, keep surgical incisions clean and dry – you may shower by placing a ~~bag~~ garbage bag over your splint starting the day after surgery – NO immersion of operative leg (i.e. bath)

### **MEDICATIONS**

- Pain medication is injected into the wound and ankle joint during surgery – this will wear off within 8-12 hours
- Most patients will require some narcotic pain medication for a short period of time – this can be taken as per the directions on the bottle
- Common side effects of the pain medication are nausea, drowsiness, and constipation – to ~~counter~~ the side effects, take medication with food – if constipation occurs, consider taking an over-the-counter laxative
- If you are having problems with nausea and vomiting, contact the office to possibly have ~~you~~ medication changed (312-243-4244 – ask for Dr. Cole's PA)
- Do not drive a car or operate machinery while taking the narcotic medication
- Ibuprofen 200-400mg (i.e. Advil) may be taken in between the narcotic pain medication to ~~help~~ smooth out the post-operative 'peaks and valleys', reduce overall amount of pain medication required, and increase the time intervals between narcotic pain medication usage

### **ACTIVITY**

- Elevate the operative leg to chest level whenever possible to decrease swelling
- Use crutches to assist with walking – use a heel-toe pattern when walking, but do NOT bear ~~your~~ weight on your operative leg – unless instructed otherwise by physician
- Do not engage in activities which increase ankle pain/swelling (prolonged periods of standing or walking) over the first 7-10 days following surgery
- Avoid long periods of sitting (without leg elevated) or long distance traveling for 2 weeks
- NO driving until instructed otherwise by physician
- May return to sedentary work ONLY or school 3-4 days after surgery, if pain is tolerable

### **ICE THERAPY**

- Begin immediately after surgery
- Use icing machine continuously or ice packs (if machine not prescribed) every 2 hours for 20 ~~minutes~~ minutes daily until your first post-operative visit – remember to keep leg elevated to level of chest while icing

### **EXERCISE**

- No exercise or motion is to be done until instructed to do so by your physician after the first ~~post~~ operative visit
- Formal physical therapy (PT) will begin about 10-14 days post-operatively with a ~~prescription~~ prescription provided at your first post-operative visit

### **DIET**

- Begin with clear liquids and light foods (jellos, soups, etc.)
- Progress to your normal diet if you are not nauseated

## **EMERGENCIES\*\***

- Contact Dr. Cole or his PA at 312-243-4244 if any of the following are present:
- Painful swelling or numbness
- Fever (over 101° - it is normal to have a low grade fever for the first day or two following surgery) or chills
- Redness around incisions
- Color change in wrist or hand
- Continuous drainage or bleeding from incision (a small amount of drainage is expected)
- Difficulty breathing
- Excessive nausea/vomiting

\*\*If you have an emergency after office hours or on the weekend, contact the same office number (312-243-4244) and you will be connected to our page service – they will contact Dr. Cole or one of his fellows if he is unavailable. Do NOT call the hospital or surgicenter.

\*\*If you have an emergency that requires immediate attention, proceed to the nearest emergency room.

## **FOLLOW-UP CARE/QUESTIONS**

- Kyle Pilz, PA-C, Natalie Podboy, PA-C or Kevin Shinsako, PA-C (Dr. Cole's Physician Assistants) will call you on your first day after surgery to address any questions or concerns. If you have not been contacted within 48 hours of surgery, please call Kyle, Natalie or Kevin directly at (312-432-2363).
- If you have additional questions that arise at any time, whether for Dr. Cole, Kyle, Natalie or Kevin, please send an e-mail to Kyle ([KPilz@rushortho.com](mailto:KPilz@rushortho.com)), Natalie ([NPodboy@rushortho.com](mailto:NPodboy@rushortho.com)) or Kevin ([Kevin.Shinsako@rushortho.com](mailto:Kevin.Shinsako@rushortho.com)) for the fastest reply. If e-mail is not an option please call Kyle, Natalie or Kevin directly at (312-432-2363).
- If you do not already have a postoperative appointment scheduled, please contact the office **dig** normal office hours (312-243-4244) and ask for appointment scheduling.